

Create your own wellbeing



Keeping mentally healthy through being creative is just as simple as A-B-C: **act-belong-commit!**

act

paint, play music, read a book, write a poem or create a story, sing, dance, perform, knit a scarf, scrapbook your favourite photos...

belong

join a band, an arts and craft group, book club or drama club, attend performances or galleries with a friend...

commit

enrol in a dance, music, creative writing or drama course, volunteer for an arts organisation or festival, enter a creative competition, commit to rehearsals, learn how to use design editing software...

